



Set Your Goals

Choose the goals below that you want to set for yourself. Remember to take your completed life plan to your next wellness appointment to share with your health care provider. It will keep you both on the same page to start a conversation and help you get guidance and support to meet your health goals.

Ready to get started?

Print your plan, complete it, and show it to your health care provider at your next visit.

My Choice

Do you want to have children someday? Within the next year? Set your reproductive goals. These goals may change – That's OK!

- Educate myself on my reproductive cycle
- Decide if and when I want a family
- Delay sexual activity until I'm ready
- Have a plan to prevent pregnancy until I'm ready
- Talk to my health care provider about birth control
- Think about how many children I'd like to have
- Get my body ready to have a healthy baby
- Wait at least 18 months between pregnancies

My Physical Wellness

Staying healthy is an everyday habit, and everyone needs to work at it. Check your personal health goals to get to your healthiest you!

- Get moving and maintain a healthy weight
- Eat a healthy and well-balanced diet
- Drink at least eight glasses of water daily
- Aim to sleep for six to eight hours every night
- Have a plan to stay tobacco-, alcohol-, and drug-free
- See my health care provider for a checkup once a year
- Discuss whether or not I want to have children, as well as any related birth control needs
- Understand the medications I take
- Take a multivitamin with folic acid every day
- Know my family's medical history and discuss it with my provider
- Keep immunizations/vaccines up to date
- Talk to my provider about any chronic health conditions
- Get tested for HIV/AIDS and other STDs
- Go to the dentist every year
- Brush my teeth twice a day and floss daily



Set Your Goals

My Emotional & Social Wellness

How you feel and your emotional well-being is as important as your physical health. Check the goals for your life that will help you feel great about yourself, your relationships, and your purpose in life!

- | | |
|--|--|
| <input type="checkbox"/> Learn more about myself | <input type="checkbox"/> Resolve conflicts |
| <input type="checkbox"/> Learn positive ways to deal with my stress | <input type="checkbox"/> Walk away from unhealthy relationships |
| <input type="checkbox"/> Connect with others who think positively | <input type="checkbox"/> Balance social life and personal time |
| <input type="checkbox"/> Reserve "me" time | <input type="checkbox"/> Challenge myself to develop new skills and try new things |
| <input type="checkbox"/> Build healthy and safe relationships with myself, partners, friends, and family members | |

My Environmental Wellness

Where you live and your physical environment can have an impact on your health and well-being. Check goals that will help make you feel safe and comfortable about where you are!

- Live in a drug-free and violence-free environment
- Always have a safe place to stay
- Live and work in an environment free from abuse
- Avoid exposure to chemicals at home, at work, and outdoors

My Future

Do you ever think about your future? Check education and work goals to get yourself where you want to be five years from now!

- | | |
|--|---|
| <input type="checkbox"/> Finish school | <input type="checkbox"/> Engage in work that I find fulfilling and meaningful |
| <input type="checkbox"/> Consider my goals and dreams for the future | <input type="checkbox"/> Get financially stable to support myself |
| <input type="checkbox"/> Identify my strengths | <input type="checkbox"/> Live on my own in a safe environment |
| <input type="checkbox"/> Find a job that interests me | |

Great job! You've taken the first step to identifying your goals and taking charge of your future.

Think about three life changes that are a priority for you right now. Write them down and take the first step to make them happen.
